

# AVON SENIOR CENTER

635 WEST AVON ROAD  
AVON, CONNECTICUT 06001

860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

*Jennifer Bennett, LMSW Avon Senior Center Coordinator*  
*Darlene Tate, Administrative Secretary*



## JUNE 2015

See our newsletter online at: <http://www.avonct.gov>

### Senior Center Coordinator Message

Happy Summer!!! I know everyone is excited about the warm weather! I hope you take the time to notice the beautiful plantings in front of the senior center. Thanks to local resident, Chrissie D'Esopo for all her hard work and effort in making the front of the senior center magnificent with trees, plants and flowers! Her husband helped! We thank him too!

This month we say *Goodbye* to our wonderful & fabulous UCONN Graduate Social Work intern, Nicole! She has been at the senior center since September. She has done a fantastic job and we will truly miss her! Thanks Nicole!

Our Wii Bowling Team, the Avon Aces competed in the CT Senior Wii Bowling League where they finished 4th in the East Division! Congrats! Our Avon Aces came in 5th in the 1st Annual CT Senior Wii Bowling League 2015 Championship Tournament!! Woo! Hoo!!

The Avon Senior Center was awarded a grant in the amount of \$500.00 from the Avon-Canton Rotary for a new television for Wii Bowling, movies, shows and programs. Thank you so much!

June is PRIDE month! This month we encourage everyone to be more open & welcoming to others. We need to embrace our differences and celebrate our diversity! We are thankful for everyone who comes to the senior center & we appreciate you!

As we end another fiscal year, I want to *Thank You* for being a part of our senior center family. We enjoy having you here & get ready for some new programs! Soccer in the fall & Softball in the spring!

*Respectfully, Jennifer Bennett, LMSW*

### TRIPS

**Coins & Claws (Lobster & Casino)** Tuesday, July 7, 2015 - Depart from your area en route to ABBOTT'S LOBSTER IN THE ROUGH in Noank, CT. After lunch, we will depart for MOHEGAN SUN CASINO. Upon arrival, you will receive a casino package including a food credit. **Cost Per Person: \$66.00**

**National Baseball Hall of Fame:** Sunday, July 26, 2015 - RT motorcoach transportation Admission to the Baseball Hall of Fame. The Baseball Hall of Fame's mission is to preserve history, honor excellence and connect generations. 1:30 pm Induction Ceremony at the Clark Sports Center Leisure time on Main Street Tour Director. **Cost per adult person: \$94.00, Cost per child under 13: \$84.00**

*Travel arrangements by Silver Mill Tours.* Pick up & drop off point is New Britain Commuter Lot- the lot opposite Target on Route 71 south of West Farms Mall.



**Delaney House and the Scenic CT River!** Tuesday, Aug. 26, 2015 - Today you will enjoy a delicious lunch at the elegant DELANEY HOUSE in Holyoke, MA. After lunch, relax and enjoy a leisurely RIVER CRUISE along one of the loveliest stretches of the Connecticut River. **Cost Per Person: \$91.00**

**Schooner Sailing:** Wednesday, Sept. 9, 2015 - Today we will travel northeast to picturesque GLOUCESTER, MA. After our luncheon, we will set sail on the 65-foot SCHOONER, the THOMAS E. LANNON, the first such ship in 50 years to be built at the Essex Shipbuilding Museum Shipyard in Essex, MA. **Cost Per Person: \$122.00**

*Travel arrangements by Getaway Tours & Cruises.* Pick up & drop off points TBD.

For Information & Reservations  
Avon Senior Center 860-675-4355

## JUNE EVENTS 2015

*Jennifer Bennett, LMSW Avon Senior Center Coordinator  
Darlene Tate, Administrative Secretary  
860-675-4355*

**Monday, June 1, 2015****“Foot Care”**

Dr. Lindsay will be here on the 1<sup>st</sup> Monday of every month for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

**Tuesday, June 2, 2015 from 11:30-1:30****“Free Blood Pressure Screening”**

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you any have questions, please feel free to call the senior center at 860-675-4355.

**Wednesday, June 3, 2015 at 10:00 a.m.****“Shuffleboard”**

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

**Thursday, June 4, 2015 at 2:30 p.m.****“Caregiver Support Group”**

The Farmington Valley VNA is sponsoring a support group for adults who are caregivers. The group is open to all adults who are caring for a loved one. Caring for another can be emotionally and physically exhausting. This is an opportunity to rejuvenate yourself by talking with others who truly understand. We can all learn from each other. Come and be surrounded by others who care and are in search of support. This group will be facilitated by the Farmington Valley VNA Social Worker, Laura Perednia, LCSW. Any questions, please feel free to contact Jennifer Bennett, Avon Senior Center Coordinator at 860-675-4355 or the FV VNA at 860-651-3539.

**Wednesday, June 10, 2015 at 10:00 a.m.****“Shuffleboard”**

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

**Wednesday, June 10, 2015 at 12:00 p.m.****“Lunch & Learn”**

KSY Home Healthcare will be here for a Lunch & Learn where we will learn to “Lift Those Heels Please: Pressure Prevention.” This is such a great topic, you don’t want to miss it! Please call the senior center at 860-675-4355 to sign up.

**Friday, June 12, 2015 from 10:30 a.m.-12:00 p.m.****“MEDICARE 101”**

Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This FREE seminar by Lou Pelletier from American Senior Benefits will educate you on the options and programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance. Sign up early! Classes are limited to 25 people. Please call the senior center at 860-675-4355 to sign up.

**Wednesday, June 17, 2015 at 10:00 a.m.****“Shuffleboard”**

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

**Wednesday, June 17, 2015 at 12:00 p.m.****“Ask the Financial Planner”**

Please join us for an informational and educational session. Come and “Ask the Financial Planner” with Michael Mezheritskiy, Founding Partner of Visionary Private Wealth Management Group. Michael is a true professional and very knowledgeable, so feel free to come with your questions. Please join us for a light lunch as we get our questions answered. Please call the senior center at 860-675-4355 to sign up.

**Wednesday, June 24, 2015 at 10:00 a.m.****“Shuffleboard”**

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

**Wednesday, June 24, 2015 at 12:00 p.m.****“Brunch & Intern Presentation”**

Please join us for a delicious light brunch and Intern Kathryn will provide us with an informational and educational presentation. This is part of her schooling at UCONN Graduate School of Social Work. Please call the senior center at 860-675-4355 to sign up.

**Thursday, June 25, 2015 at 2:30 p.m.****“Caregiver Support Group”**

The Farmington Valley VNA is sponsoring a support group for adults who are caregivers. The group is open to all adults who are caring for a loved one. Caring for another can be emotionally and physically exhausting. This is an opportunity to rejuvenate yourself by talking with others who truly understand. We can all learn from each other. Come and be surrounded by others who care and are in search of support. This group will be facilitated by the Farmington Valley VNA Social Worker, Laura Perednia, LCSW. Any questions, please feel free to contact Jennifer Bennett, Avon Senior Center Coordinator at 860-675-4355 or the FV VNA at 860-651-3539.

**Friday, June 26, 2015 at 12:30 p.m.****“Movie Day with Summer Camp Kids”**

Come join us for a fun movie day with the summer camp kids!!! This is a great time to relax and enjoy yourself with a movie and snacks. You can bring your grandchildren or a friend and have a fantastic time during this intergenerational program. This is free and open to the public. Please call the senior center at 860-675-4355 to sign up.

**Tuesday, June 30, 2015****DRESS DOWN DAY!!!!**

Let’s celebrate summer!!! Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!



The  
**Avon Volunteer Fire  
 Department**

**Annual Food Drive  
 to benefit  
 the Avon Food Pantry**

**June 13, 2015  
 9 - 3:30pm  
 Stop & Shop,  
 Simsbury**



# Birthdays

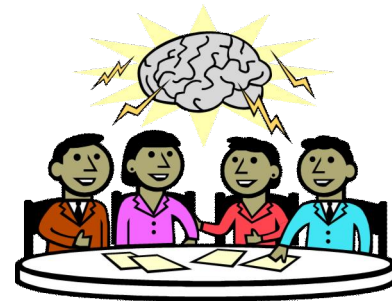
## June

Dave Matthes	12th
Joy Bacci	13th
Dorothy Fioretti	24th
Joe Diani	26th
Edythe Case	27th



# Thinking Thursdays

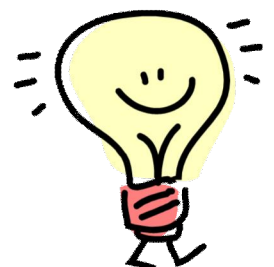
Bridge– Tuesdays & Thursdays at 12:30 p.m.– Intermediate  
 Cribbage– Tuesdays at 12:30 p.m.  
 Scrabble– Tuesdays at 1:30 p.m.  
 Shuffleboard– Wednesdays at 10:00 a.m.  
 Setback– Wednesdays & Fridays at 12:00 p.m.  
 Ping Pong– Fridays at 10:00 a.m.



Join intern Nicole for brain teasing fun!

Complete the Puzzle  
 Answer the Riddle  
 & Think outside the box!!

Every Thursday during lunch



**June is PRIDE Month!  
 Let's be open & welcoming to ALL!**





### 2015 Winter/Spring & Summer Classes (see dates & locations below)

#### Tai Chi for Seniors - Winter Spring Session II

Date(s) of Class: April 22, 29, May 6, 20, 27, June 10, 17

Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

**Avon Senior Center**

#### Zumba Gold Winter Spring Session II

Date(s) of Class: April 29, May 6, 13, 27, June 3, 10, 17

Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

**Countryside Park**

#### Zumba Gold Winter Spring Session II

Date(s) of Class: April 27, May 11, 18, June 1, 8, 15

Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

**Avon Senior Center**

#### Low Impact Zumba - Session II

Date(s) of Class: April 27, May 11, 18, June 1, 8

Day(s), Time & Location: Mondays, 4:35 pm - 5:35 pm

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#### Drawing - Winter Spring Session II

Date(s) of Class: April 29, May 6, 20, 27, June 10, 17

Day, Time & Location: Wednesdays, 10:00 am - 12:00 pm

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#### Mid-Tempo Summer Session

Date(s) of Class: 06/01/2015 - 09/02/2015

Day(s), Time & Location: MWF, 8:30 am—9:30 am


**Avon Senior Center**

For more information about registering, classes, and setting up your account please visit:

<http://www.avonct.gov/recreation-and-park-department>

### CRT Lunch at the Avon Senior Center

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the senior center the day before by 12:00 noon. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$5.00 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See **June's** menu below:

TUESDAY		THURSDAY	
2	Orange-Pineapple Juice Fish Florentine Wild Rice Creamy Spinach 100% Whole Wheat Bread Homemade Cookie	4	Orange Cumin Rubbed Pork Oriental Rice Oriental Vegetables Rye Bread Tropical Fruit
9	Beef Vegetable Soup Tony's Individual Pizza Mixed Greens w/Cherry Tomatoes & Cucumbers Ranch Dressing Saltines Fresh Fruit	11	Mediterranean Soup Roast Beef w/Gravy Baked Potato Whole Baby Carrots Dinner Roll Fresh Fruit
16	Alaskan Pollock w/Seafood Sauce Baked Sweet Potato Sicilian Blend Vegetables 12-Grain Bread Pineapple Tidbits	18	<b>CRT FATHER'S DAY MEAL</b> Grape Juice Stuffed Cabbage w/Tomato Sauce Rice Pilaf Scandinavian Blend Vegetables Italian Bread Special Dessert
23	Cream of Carrot Soup Mini Cheese Burger on Bun Tater Tots Vegetable Medley Ketchup/Mustard/Relish Fresh Fruit	25	Roast Turkey w/Gravy Cornbread Stuffing Broccoli Spears Dinner Roll Tropical Fruit
30	Six Bean Soup American Chop Suey Zucchini Squash Saltines Club Roll Fresh Fruit		

# SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

860.675.4355

Mondays



**President - Arthur Atwood**

• **Vice President, • Financial Secretary & Cheer- Marie Evans**

• **Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier**

• **Secretary - Marian Hurlbut • Newsletter Correspondent - Katie Ruez**

• **Programs – Helen M. Toth**

## Senior Organization President's Message

"I wonder what it would be like to live in a world where it was always June." - L.M. Montgomery

June is authentic with her gorgeous gifts. Once again the days are sunny and hot. The roses and peonies are in bloom, and it is time to feast on strawberries and cream. School is over, summer camp begins, and visions of vacations dance in our heads. Our smiles deepen, our laughter increases, our hearts open. This month we discover that it is life's enrichments rather than the riches of life that bring us to true contentment. Many things to enjoy come to mind for the month of June – I call them: The Joyful Simplicities for June.

1. Enjoy a frosty pitcher of lemonade.
2. Be on the lookout for Strawberry Festivals – most churches have an annual one.
3. Remember that homemade ice cream is good for the soul. I like the one in Bloomfield before the Copaco Shopping Center.
4. Buy a watermelon – sit on the front porch and spit out the seeds.
5. Lie in a hammock and dream away.
6. Celebrate the Summer Solstice on June 21.
7. Have a great party on Midsummer's Night Eve on June 23.
8. Read lots of books and listen to your favorite music.
9. Visit Chrissie D'Esopo's garden on West Avon Road.
10. Fly the American flag this month.

Let's not forget our Annual Picnic on June 29th. Bring your special dish, but make it a generous one so that everyone can sample it. We are providing hamburgers and hot dogs. Brought back by popular demand, the Bristol Fiddlers Old Tyme Band will be our entertainment.

Ya'll come!

Arthur

P.S. Have a Happy Summer!

## June 2015 – Program Schedule

Everyone is Welcome – Reservations Recommended

**June 1<sup>st</sup>**                      **10:30 – Board Meeting**  
**Noon – Pizza & salad**  
**Dessert**  
**Bingo**

**June 8<sup>th</sup>**                      **Noon – Sandwiches and chips**  
**Dessert**

Guest Speaker: Jeanne Parker of Avon will discuss the Trans-continental Tour of the United States in 1917. This Tour was done by two women one of whom was from Avon.

**June 15<sup>th</sup>**                      **Noon – Bring a Brown Bag Lunch**  
**Dessert**  
**Bingo**

**June 22<sup>nd</sup>**                      **Noon – Turkey, potato,**  
**vegetables, cranberry sauce**  
**Birthday Cake**  
**Bingo**

**June 29<sup>th</sup>**                      **Noon – Hotdogs and Hamburgers**  
**Salads**  
**Dessert**

Annual picnic...last meeting until fall.




The Marilyn Gadzik Memorial Scholarship will be presented to Emily Stross.

Entertainment will be provided by Jerry Lagace and The Bristol Old Tyme Fiddlers. Founded in 1972 the group has members that play the mandolin, guitar, bass, banjo, spoons, washtub, piano, button-box, harmonica, accordion, bones, jaw's harp and percussion instruments with wood block.

## **Coming up in the Fall:**

German Oktoberfest with John Banker who will be dressed in an authentic Lederhosen presenting German Folk music combined with traditional songs and lots of Polkas. John performs on tuba, trumpet and accordion. Highlights include selections on Alpine Bells and solos on a 12 ft. Alpenhorn from Switzerland. Songs are performed in German, Polish and English with audience participation.

# JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Mid Tempo Cardio Class 9:00 Foot Care 10:30 Sr Org Board Mtg 12:00 Senior Organization Lunch 12:30 Mah Jongg 3:30 Zumba—ASC 4:35 Low Impact Zumba <div>1</div>	9:00 Billiards 10:00 Wii Bowling 11:30 FV VNA Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble <div>2</div>	8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 iPad Learning 6:00 Zumba Gold—CSP <div>3</div>	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:30 Caregiver Support Group <div>4</div>	8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback <div>5</div>
8:30 Mid Tempo Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 3:30 Zumba—ASC 4:35 Low Impact Zumba <div>8</div>	9:00 Billiards 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 12:30 Cribbage 1:30 Scrabble <div>9</div>	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 12:00 Lunch & Learn 1:00 Billiards 2:30 Tai Chi 2:30 iPad Learning 6:00 Zumba Gold—CSP <div>10</div>	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge <div>11</div>	8:30 Mid Tempo 9:30 Billiards 10:30 Medicare 101 10:00 Ping Pong 12:00 Setback <div>12</div>
8:30 Mid Tempo Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 3:30 Zumba—ASC <div>15</div>	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble <div>16</div>	8:30 Mid Tempo 10:00 Shuffleboard 10:00 Drawing 12:00 Setback 12:00 Lunch & Learn 1:00 Billiards 2:30 Tai Chi 2:30 iPad Learning 6:00 Zumba Gold—CSP <div>17</div>	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge <div>18</div>	8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback <div>19</div>
8:30 Mid Tempo Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg <div>22</div>	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble <div>23</div>	8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 12:00 Brunch & Intern Presentation 1:00 Billiards 2:30 iPad Learning <div>24</div>	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 2:30 Caregiver Support Group <div>25</div>	8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback 12:30 Movie with Summer Camp Kids <div>26</div>
8:30 Mid Tempo Cardio Class 12:00 Senior Organization Lunch 12:30 Mah Jongg 3:30 Zumba—ASC <div>29</div>	9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Cribbage 1:30 Scrabble <div>30</div>			

## RESERVED FOR SPONSORS

# *Avon Senior Center*



**AVON SENIOR CENTER**  
635 WEST AVON ROAD  
AVON, CONNECTICUT 06001

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